Toronto metro

MONDAY, JUNE 5, 2017

NEW BUNDLE PLAN

High-Speed Internet + FREE Home Phone

NOW... WITH 5X FASTER SPEEDS

UP TO 30Mbps WITH... Unlimited Data!*

$49.95/MONTH
+ $1.95/mth 911

Plus FREE INSTALLATION & EQUIPMENT FEES

$300 IN SAVINGS

comwave®

1-866-840-2894 comwave.net Find us on &

Prices do not include applicable taxes. Service not available everywhere. Monthly local loop Access Fee of $5.95 (if needed) is not included. A one-time activation fee of $95.00 is applicable (waived on a 3 year term). A minimum shipping fee of $20 applies dependant on shipping address (waived on a 3 year term). *Unlimited Data Usage is governed by our Fair Usage policy. VoIP 911 has certain limitations. **Details at www.comwave.net/fairusage**.

LONDON TERROR ATTACK

‘TELL THEM CHRISSY SENT YOU’

CHRISTINE ARCHIBALD
Honour our daughter by helping others: Canadian victim’s family

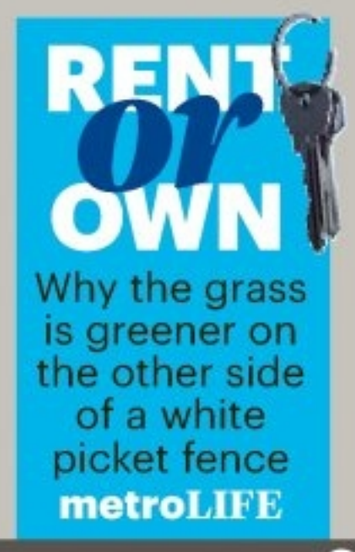
POLICE RAIDS
Twelve arrested after rampage that killed seven, injured nearly 50

GENERAL ELECTION
Campaign suspended for a day the same week Britain heads to polls

metroNEWS

Toronto metro

Your essential daily news MONDAY, JUNE 5, 2017 High 17°C/Low 13°C Scattered showers



Why the grass is greener on the other side of a white picket fence
metroLIFE

Jasmine de Pencier, left, and Jett Jardeleza-Toole, both 12, organized an environmental fundraising run a few years ago in their community and this weekend will see it replicated in cities across Canada.
EDUARDO LIMA/METRO

ENVIRUNMENTALISTS

This Toronto duo is taking great strides to save Mother Nature — and their movement is spreading across Canada

metroNEWS

Black Lives Matter feeling Pride — mostly

DIVERSITY

List of demands met, but group likely to forgo this year’s parade

David Hains
Metro | Toronto

Although it won’t march as an official group later this month, Black Lives Matter Toronto is satisfied with the changes Pride has made over the past year.

“There’s been clear and visible progress,” says Rodney Diverlus, the 27-year-old co-founder of Black Lives Matter Toronto.

During the 2016 parade, Pride Toronto agreed to a list of nine demands after Black Lives Matter halted the march for half an hour. The demands were later endorsed in a vote by Pride Toronto’s membership.

While most of the public and political focus has been on the demand to remove police floats from the parade, the eight other requests mostly focused on increasing diversity and grassroots participation throughout Pride month.

“The hype around the police demand has erased all of the work, all of the thought and all the energy put around the other eight demands,” Diverlus said. “The spirit of some of those demands came from a general feeling in the community that Pride was evolving into a corporate, non-community-driven event.”

He held up the reinstatement of the Black Queer Youth and South Asian community stages as well as increased funding for Blockorama as signs of success.

Pride Toronto spokesperson Ryan Connelly also pointed to the organization’s increased focus on community stages and diversity among Pride Toronto staff — while acknowledging there is room for improvement.

“I think we’ve made very good strides,” Connelly told Metro.

“We’re never going to get it all in one shot, but what is important to note is we will make our best effort as soon as issues are raised.”

Despite these improvements, Black Lives Matter won’t officially march in this year’s Pride parade on June 25. The group did not apply by the May 20 deadline.

Diverlus called it a tactical decision.

“If you know the work we do, applying for permits and registering on a deadline is not really our MO,” he said, adding that safety is a concern for the organization.

“You should expect BLM to do what we do, which is not fill out an application and let you know where we’re going to be.”

Apple Pay.
Shop with comfort.
Pay with ease.

TD | Apple Pay

Apple Pay with TD

Use your personal TD Access Card or TD *Visa* Card with Apple Pay.
A fast, easy and secure way to pay so you can shop with ease.

Learn how to add your card
at td.com/applepay

TD Banking can be this comfortable.

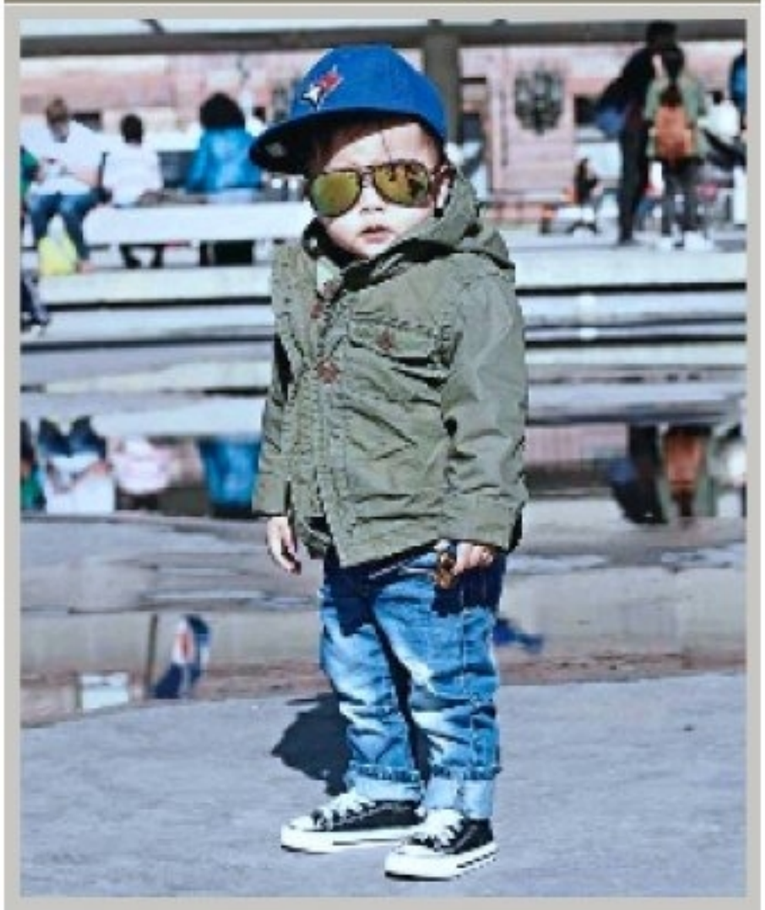
All trade-marks are the property of their respective owners. Apple, the Apple logo, iPhone and iPad are trademarks of Apple Inc., registered in the U.S. and other countries. Apple Pay and Touch ID are trademarks of Apple Inc. ® The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

metro NEWS

Your essential daily news

Vicky Mochama: Mavis Otuteye's death stems from our failure to address the migrant crisis. **Views**

Humans of Toronto by K. Omar



"Currently, his favourite thing is Chase from Paw Patrol, which he's holding, and cars. Vehicles of all sorts and hats. He's a big Toronto Blue Jays fan."

Humans of Toronto is K. Omar's social photography project aimed at photographing and talking to people in the city. Selections from her work feature weekly in Metro. See more at Humans of Toronto on Instagram.

Pedestrians: Speak up

Matt Elliott
Tory's Toronto

I've learned a couple of things over the last few years about motorists and their gripes.

First, drivers complain. A lot. About anything that might slow their cars down. They complain about bike lanes, about streetcars, about construction projects and about pedestrians in dark clothing who have the utter gall to want to cross the street.

Second, the mayor listens to them.

That's not to say Mayor John Tory buys into the specifics of these complaints. His track record on supporting bike lanes and transit isn't bad, and he has taken action on the city's new Vision Zero initiative to improve road safety.

But there's little doubt the mayor is sympathetic to the angry drivers of the city, and has done plenty to placate those who get around by car.

Fears of subjecting those behind the wheel to a two- or three-minute delay prompted Tory to support spending more than a billion dollars to maintain the eastern part of the Gardiner Expressway, despite perfectly logical plans to remove and replace it.

He also successfully pushed to spend millions to speed up construction on the western Gardiner.

And lately the mayor has been holding press conferences to announce the acceleration of roadwork. Last week, he visited Lake Shore Boulevard East to announce roadwork there and at the Dundas and Parliament Street intersection would finish ahead of schedule — thanks again to a bit of extra spending.

And sure, hooray, that's great. I'm in favour of the city getting things done quickly. But all this attention on drivers has left me wondering: what about the rest of us?

Squeaky wheels get greased — and in this city, the squeakiest wheels are attached to cars.

Where are the announcements about investing more money to speed up projects that primarily benefit those of us who walk, cycle or take transit to get around?

Because, honestly, we could use a few of them. Toronto is awash in signage demanding pedestrians "use other sidewalk" or advising cyclists to dismount. The popular Don Valley trail is closed, and has seen a series of delays. And an entire crosstown transit route — the 501 Queen streetcar — is currently shut down, and is set to remain shut down all summer, with replacement buses running.

There are a lot of projects that could use the same kind of attention drivers get.

It's wrong to just blame Tory for this. The fundamental nature of local politics is that residents who complain the most tend to get the most attention. Squeaky wheels get greased — and in this city, the squeakiest wheels are attached to cars.

Changing that starts with our voices. When you encounter a barrier of frustration when walking, biking or taking transit in this city, don't just sigh and soldier on. Instead, make like one of those angry drivers and register a complaint with the mayor or your city councillor.

Take it a step further and get involved with advocacy groups like Cycle Toronto and Walk Toronto. Show up to community meetings. Send angry tweets and emails.

The griping strategy may seem uncouth, but it has paid dividends for Toronto drivers. There's no reason it can't work for the rest of us. They're loud. We can be louder.

Toronto DIGEST

Cycling forward

Infrastructure plan a year later

When council adopted a new 10-year, $153.5-million master cycling plan last June, it was hailed as a big stride forward for a city notoriously hesitant to make bold moves on bike infrastructure. One year later, how much progress has been made? Thanks to funding from the federal and provincial governments, the city has a lot more money to spend on bike lanes. But many projects originally planned for this year have been deferred, which means cyclists will have to wait longer to use new infrastructure.

TORSTAR NEWS SERVICE

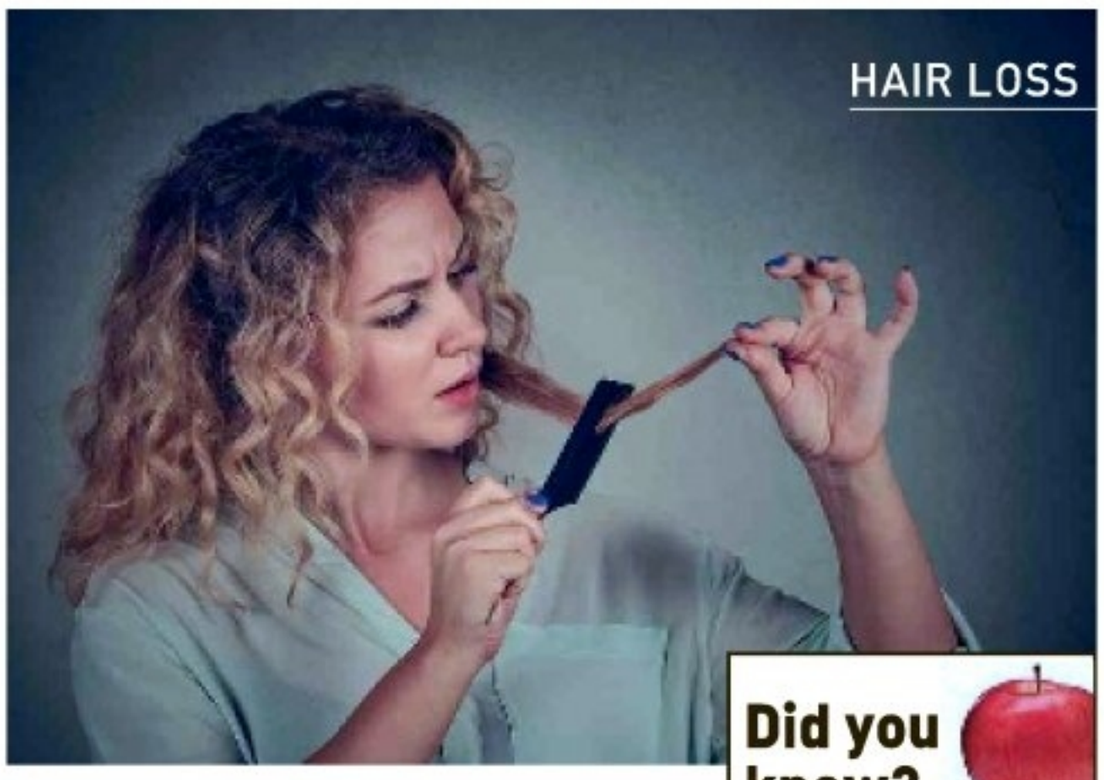
Bike lane support strong

With a council vote to determine whether the Bloor Street bike lanes will be made permanent looming in the fall, residents have expressed strong support for the high-profile cycling project. Torstar News Service was given an advanced look at survey results showing 75 per cent of residents in the area agree that the bike lanes make cycling safer.

TORSTAR NEWS SERVICE

$1,800 WEIGHT LOSS GRANT
Have More than 20 lbs to Lose? Apply Today!
Acceptance is Guaranteed!
www.weightlossgrants.org
Visit www.weightlossgrants.org for full details.

CNE CASINO
NOW HIRING
The 2017 CNE Casino is Now Hiring and Training Casino Personnel for:
Blackjack, Roulette, Hold 'em Poker, among other games.
Security & Surveillance positions also available.
For more information, call 416.263.3588
or visit theex.com/casino
CNE Casino will operate from Jul 29 to Sept 4, 2017. CNE Casino intends to hire all successful graduates who apply for and receive a valid Gaming Licence.
Subsidized Courses and Gaming Licensing Offered
Licence No. 8746



Is your hair in need of a boost?
Is it shedding and starting to look dull?
Then try nourishing your hair with natural nutrients and experience the difference.

Did you know?

Apples contain hair nutrients like procyanindin B2, **a known hair growth-promoting factor.**

Stop the shedding - and get your Hair Volume back

Hair sheds for many reasons but typically because we treat, wash and brush it regularly. Wear and tear puts demands on the hair and over time it can start to look dull and thin. But in many cases, we can benefit from certain nutrients that nourish the hair follicles and promote strong, healthy and beautiful hair.

BEAUTY FROM WITHIN

The first thing you notice when taking Hair Volume™, is that your nails start getting stronger. Nails react faster than hair to a new supply of nutrients. But with time you will notice that your hair stops shedding and starts to gain volume.

ONE TABLET A DAY

Hair Volume™ is a best-selling natural health product from Sweden. With just one tablet a day it contains more hair nutrients than any other Canadian competitor. In addition, Hair Volume is the only product that uses proven apple extract from Swedish apples, to promote your hair health and volume.

TEST YOURSELF

- ○ Is your hair looking dull and thin?
- ○ Do you experience hair shedding?
- ○ Are your nails brittle?
- ○ Do you want to nourish your hair naturally?
- ○ Are you looking for more hair volume and shine?

I HAD GREAT RESULTS

"I am 43 and have lost a lot of hair due to hormonal changes and 2 pregnancies. I have been on Hair Volume for 5 months and have noticed great results in growth and also found much less hair shedding in the shower and when I blow dry it. My hair feels stronger and thicker now. You do have to commit to using this product for a while to see full results, but it's worth it. I strongly recommend Hair Volume!"

Web review

Available at participating pharmacies, health food stores and online. For more information or to buy directly from the manufacturer, call 1-877-696-6734 or visit our website www.newnordicshop.ca

www.newnordic.ca Online Store

SHOPPERS DRUG MART · Walmart · amazon.ca · GNC · sunfoods · metro · Rexall · Loblaws · Superstore · Extra Foods · Zehrs · London Drugs

Campaign pushes Indigenous books

BOOKS

Month-long series of events to culminate on Canada Day

Gilbert Ngabo
Metro | Toronto

An Idle No More supporter draws on the sidewalk in Toronto. TORSTAR NEWS SERVICE

A campaign borrowing the name of a beloved book contest is encouraging Canadians to read more works written on and by Indigenous people.

"We've heard of the Canada Reads series, but we're looking at this as what Canada should read," said Russell Diabo, Indigenous activist and spokesperson for Defenders of the Land — a network of communities that has collaborated with members of Idle No More to launch the campaign.

Under the theme Canada Reads: The Unsettling Canada Edition, the month-long campaign is a take on the popular annual book contest, which Diabo said doesn't give much room to non-fiction by Indigenous writers.

Throughout the month, the campaign will distribute materials from Arthur Manuel's book Unsettling Canada: A National Wake-up Call. The famous author and activist died in January, but his work is recognized for exposing anti-colonial struggles and challenging Canadian policies toward Indigenous people.

Other recommended reading includes the 94 Calls to Action from the Truth and Reconciliation Commission report as well as the United Nations Declaration on the Rights of Indigenous People.

While various events will go on throughout the month, the campaign culminates on July 1. This Canada Day of Action will reiterate Indigenous people's right to self-determination and challenge what's seen as Canada 150's celebration of colonial history.

A READING LIST

- Fourth World by George Manuel
- Red Skin, White Masks by Glen Coulthard
- Beyond Blood: Rethinking Indigenous Identity by Pamela Palmater
- A National Crime by John Milloy
- Half-Breed by Maria Campbell
- The Inconvenient Indian by Thomas King

We are looking for volunteers!

Men and/or Women, aged 18 yrs. or older

Lambda Therapeutic Research Inc specializes in conducting clinical research trials. We are looking for healthy non-smoking individuals to participate in upcoming studies. Participants are compensated for their time. Compensation may range from $750 to $3500 depending on study duration. Refer a friend and you may receive $100!

LAMBDA
Lambda Therapeutic Research

Please contact for more information:
416-752-3333 Toll Free: 1-866-207-3333
Mon-Fri: 9am-5pm
www.lambdacanada-cro.com www.todaysresearch.com
Location: 460 Comstock Road, Toronto, M1L 4S4
follow us on

4%
cash back
on **everything**
you buy.*

No
annual
fee.

BMO®

We're here to help.™

BMO® CashBack® Mastercard®*
Start with **4% cash back**
on everything you buy.*
bmo.com/cashback

*Terms and conditions apply. Visit bmo.com/cashback for details.

One system sought for all

EDUCATION

Activists revive the debate on taxes funding Catholic schools

A grassroots coalition plans to launch a legal challenge against separate school funding in Ontario.

The group wants to bring the issue to the forefront at a time when school closures are causing havoc, arguing taxpayer-funded Catholic schools are no longer fair or affordable in a society of many religions and cultures.

"We believe there should be one non-denominational two-language public school system." says Reva Landau of Toronto, of One Public Education Now (OPEN). "I think it has to be an election issue."

Landau, a retired business systems analyst with a law degree, launched a similar challenge five years ago. But she was denied legal standing in Ontario's Superior Court of Justice and was, according to the judge, "not the person to raise these issues." However, he did not dismiss the merits of her case. This time around, she's enlisted two plaintiffs directly affected by the law.

Adrienne Havercroft is Hamilton teacher who says the existence of separate boards hindered her search for full-time work. As a non-Catholic, she was ineligible for the one-third of the publicly funded teaching jobs in her region available through the separate school board, she says. Only Catholic teachers are eligible for those positions.

The second plaintiff, James Sutton of Markham, has two sons who travel by bus an hour each way to their French public school in Richmond Hill. The only closer French language option, 20 minutes away, is Catholic, he says but they want their children to have a secular education.

A legal case may force the issue, says Charles Pascal, a professor at University of Toronto's Ontario Institute for Studies in Education and former deputy minister of education who calls separate school funding "an anachronism." TORSTAR NEWS SERVICE

A WELCOMING SPACE
NEW COMMUNITY HUB FOR CNIB
Debbie Gillespie, her guide dog Crete and Angela Bonfanti, executive director of the Canadian National Institute for the Blind's GTA branch, on hand at the CNIB's new GTA Community Hub, opening Monday at Yonge and St. Clair. It's geared for all ages, and even guide dogs — a doggy bar allows guide dogs to enjoy a treat when their humans stop by. The ground floor features a discovery zone where kids can play with toys as well as a technology and computer bar. Books are overlaid with Braille so children and parents can read together if one or both are visually impaired. There's also a kitchen which Bonfanti says will be used for cooking classes. TORSTAR

LICENSING

Child-care operators get a boost

Ontario will encourage more home daycares to join the licensed system by providing new funding to support regulated home-based care.

The policy change, to be announced Tuesday as part of the province's five-year vision for early learning and child care, means home daycare providers will no longer have to pay a percentage of the daily fees they receive from parents to join a licensed home child-care agency.

Provincial operating funding for home child-care agencies will begin in 2018 and is part of the previously announced plan to create 100,000 new licensed child-care spots for children under 4.

The funding is in addition to $200 million in the budget to create 8,000 new licensed spots in child-care centres and subsidize 16,000 low- and moderate-income families this year.

Many parents who can't find or afford licensed care say they are frustrated by having to rely on unlicensed options.

TORSTAR NEWS SERVICE

HUDSON'S BAY STRENGTH IN STRIPES HBC FOUNDATION
HUDSON'S BAY metro SANOFI GENZYME BIGSMOKEBURGER

Thank you for your unknowing support.
PLAID FOR Dad
Every time you wear plaid, you're supporting Prostate Cancer Canada.
Whether you know it or not. But this Father's Day we need more than unknowing support. Raise money by having your workplace wear plaid on June 16.
Register your workplace at plaidfordad.ca

Young runners show how kids can make a difference

CHARITY

Duo creates a fun run to raise funds for WWF-Canada

Gilbert Ngabo
Metro | Toronto

A pair of Toronto kids figured they like to run. They also like nature. So they found a way to combine their passions for a good cause, and their influence is now spreading across the country.

Meet Jasmine de Pencier and Jett Lardeleza-Toole, two 12-year-olds running around Canadian cities to save Mother Nature.

"We knew that the environment needed support," said de Pencier. "We both care about the Earth and wanted kids and their families involved in protecting our great natural communities."

In 2015, the duo created Kids' Run for Nature, a fun competition for one or five kilometres depending on each runner's ability. In the past two years, the program has enlisted more than 1,300 participants and raised about $50,000 in support of World Wildlife Fund-Canada.

Jett Lardaleza-Toole, left, and her friend **Jasmine de Pencier** started an environmental run in their community two years ago. Their effort is now spreading to other cities. EDUARDO LIMA/METRO

For the first time, kids in cities such as Ottawa and Calgary will take part this year, with the goal of raising another $50,000.

World Wildlife Fund-Canada president and CEO David Miller said the pair's efforts show young environmentalists can make a big difference.

"They run for tigers, for polar bears, for butterflies and for other wildlife. Whatever their inspiration, WWF-Canada is proud of their efforts to help nature thrive," he wrote in a statement.

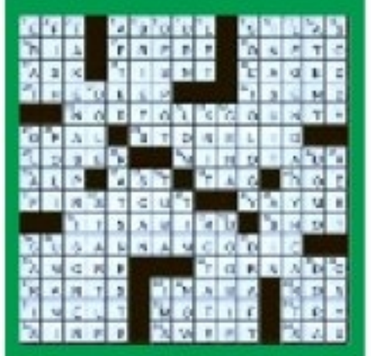
RUNS

- The project's flagship run will take place June 11 at Withrow Park, where about 300 participants are expected. Runs will take place around the GTA on the same day, including at Étienne Brûlé Park and Town Agricultural Park.
- On June 18, a similar run will take place at Lakeside Park in Mississauga.
- There's a run at Britannia Park in Ottawa on June 11. On the same day in Alberta, runs take place at Britannia Park and at Auburn Bay.
- More information at kidsrunfornature.ca

YESTERDAY'S PUZZLE ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



9	2	1	8	5	4	7	6	3
6	7	5	9	3	1	2	4	8
3	4	8	2	7	6	9	5	1
2	1	7	3	4	5	8	9	6
4	8	3	1	6	9	5	2	7
5	9	6	7	8	2	1	3	4
7	5	4	6	9	8	3	1	2
1	3	9	4	2	7	6	8	5
8	6	2	5	1	3	4	7	9

Career Training for Today's Workplace!

At triOS, you will benefit from:

✓ Half-Day Classes
✓ Internships
✓ Focused Learning – one course at a time
✓ Small Class Sizes
✓ Job Placement Assistance

Visit triOS today for a **FREE career consultation.**

No appointment necessary.

BEST MANAGED COMPANIES

triOS COLLEGE

Call: 1-866-918-7634
Visit: Careerin1.com

MISSISSAUGA | BRAMPTON | TORONTO | SCARBOROUGH | OSHAWA

NATIONAL BANK INVESTMENTS

The more you invest...

Family remembers victim of London attack

TERRORISM

B.C. woman identified as Canadian killed in attack

Brodie Thomas
Metro | Calgary

The Canadian killed in Saturday's terror attack in London is being remembered by family as the kind of selfless person who "would have no understanding of the callous cruelty that caused her death."

Christine "Chrissy" Archibald, 30, worked at a shelter in Calgary before recently moving to Europe to be with her fiancé. She grew up in Castlegar, B.C.

"She had room in her heart for everyone and believed strongly that every person was to be valued and respected," read a statement released by her family.

They asked people to honour her memory by volunteering their time and labour to a homeless shelter — and to "tell them Chrissy sent you."

Kathy Christiansen, executive director of Alpha House in Calgary, said Archibald will remain in the hearts of her friends and former colleagues.

The young woman was a talented social worker and an "exceptional human being," Christiansen said in a statement.

"Chrissy was a bright light to many."

Archibald was one of seven killed in Saturday's attack, which began with three men driving a van into pedestrians on London Bridge. Statements posted to Facebook by the family of Tyler Ferguson, Archibald's fiancé, suggest she was struck and killed by the van while the couple walked together on London Bridge.

In addition to the seven fatalities, 48 other victims were sent to hospital.

WITH FILES FROM THE CANADIAN PRESS

Christine Archibald and fiance Tyler Ferguson. FACEBOOK

MANCHESTER

12 arrested after attack

British police arrested a dozen people Sunday in a widening terrorism investigation after attackers using a van and large knives turned a balmy evening of nightlife into a bloodbath and killed seven people in the heart of London. Daesh claimed responsibility

Although the attackers were also dead, authorities raced to determine whether others assisted them, and Prime Minister Theresa May warned that the country faced a new threat from copycat terrorist attacks.

The county's major political parties temporarily suspended campaigning with only days to go before the general election. May said the vote would take place as scheduled Thursday because "violence can never be allowed to disrupt the democratic process."

The assault unfolded over a few terrifying minutes late Saturday, starting when a rented van veered off the road and barrelled into pedestrians on busy London Bridge. Three men then got out of the vehicle with large knives and attacked people at bars and restaurants in nearby Borough Market until they were shot dead by police. THE ASSOCIATED PRESS

MANCHESTER

'We're gonna be all right'

Ariana Grande has paid tribute to the victims who died at her Manchester concert with an all-star affair in the city with the help of Katy Perry, Justin Bieber, Liam Gallagher, Miley Cyrus and others.

Grande emerged onstage for the One Love Manchester concert Sunday. She appeared teary-eyed and emotional as she performed her hits "Be Alright" and "Break Free."

She told the audience, "Manchester, we're gonna be all right."

Before her performance, she and her dancers held hands in solidarity.

Grande sang multiple times throughout the three-hour-plus show, even duetting with Miley Cyrus, the Black Eyed Peas, Mac Miller and the Parrs Wood High School Choir, one of the show's strongest moments.

Other performers featured were Coldplay, Pharrell Williams, Take That, Imogen Heap, Robbie Williams, Marcus Mumford and more.

The concert raised money for victims and those injured in the suicide bombing that struck at Grande's May 22 show. Twenty-two people were killed and dozens more were injured.

THE ASSOCIATED PRESS

Ariana Grande performs on stage Sunday in Manchester. GETTY IMAGES

Get download speeds up to 3x faster

compared to our main competitor's widely available speed.[1]

Limited Time Offer

Ignite 150u

$69.99*/mo.

Guaranteed savings of $30/mo. off reg. price for 12 months. Reg. price of $99.99/mo. Subject to change. Wi-Fi modem rental included.

Unlimited usage

Download speeds up to 150 Mbps[1]

1-855-427-2325 | rogers.com/unlimited
Visit a Rogers store today

ROGERS

Offer available until June 30, 2017 within Rogers Cable Service area (where technology permits) in Ontario for new Internet activations only and subject to change without notice. Taxes extra. $14.95 one-time activation fee and a one-time installation fee (waived for Self-Install, Basic $49.99 or Professional $99.99) apply. Data usage subject to Rogers Terms of Service and Acceptable Use Policy. See rogers.com/terms for full details. *Promotional price of $69.99/mo. for 12 months and subject to any applicable rate increases. Advertised Regular Price will apply in month 13. 1. Based on Rogers Ignite 150u top download speeds of up to 150 Mbps compared to Bell Fibe widely available network technology current maximum theoretical download speeds of up to 50 Mbps in Ontario. Speeds may vary with internet traffic, server gateway/router, computer (quality, location in the home, software and applications installed), home wiring, home network or other factors. See the Acceptable Use Policy at rogers.com/terms. TMRogers & Design and Rogers Ignite are trademarks of or used under license from Rogers Communications Inc. or an affiliate used under license. © 2017

Ottawa learns from tragedy

SAFETY

Police presence for Canada 150 events to be increased

Ryan Tumilty
Metro | Ottawa

As Ottawa prepares for thousands of visitors to cram into downtown streets for Canada 150 events, Mayor Jim Watson said the police will take away lessons from the attack over the weekend in London.

But the mayor cautioned there is no way for the city to be completely safe.

"When you see a tragedy take place in London ... you begin to think could that happen here, and sadly the answer is yes," said Watson. "There is no 100 per cent solution to terrorism."

Watson said he was saddened by the events in London, especially as news broke that a Canadian was among the dead. He said it also serves as a reminder of the danger.

"It's always a wakeup call for us in leadership roles to be vigilant with the world we live in," he said.

He said he believes the police will be able to make Canada Day a safe event for everyone.

"I have great confidence in our police to provide the mechanisms to keep our residents safe."

The police in Ottawa work closely with other law enforcement agencies and, Watson said, they learn from tragedies overseas. He also encouraged residents to be watchful.

"Our job is be as vigilant as possible, ask the community to be our eyes and ears as well, because we can't have a police officer on every street corner."

PLATFORM CHANGES AT UNION STATION

Starting June 7th

Due to construction

What's Changing

Due to track and platform construction, most Milton and Lakeshore West weekday afternoon trains departing from Union Station will be using different platforms. Be sure to check the departure boards or speak to a Customer Care Coordinator before heading to your train.

Please check our website for more information and allow yourself extra time to travel to platform level.

gotransit.com/platformchanges
gotransit.com/changementsquai

METROLINX

NATIONAL BANK INVESTMENTS

...the less management fees you will pay.

It pays to bundle all your investments together with NBI Portfolios.

nbc.ca/nbi-portfolios

The NBI Portfolios (the "Portfolios") are offered by National Bank Investments Inc., a wholly owned subsidiary of National Bank of Canada. Commissions, trailing commissions, management fees and expenses all may be associated with mutual fund investments. Please read the prospectus of the Portfolios before investing.
The Portfolios' securities are not insured by the Canada Deposit Insurance Corporation or by any other government deposit insurer. The Portfolios are not guaranteed, their values change frequently and past performance may not be repeated.
As part of the management fee reduction plan for high net worth investors (the "reduction plan"), certain investors holding Investor and R Series of all the Portfolios and Investor-2, F-2 and R-2 Series securities of certain Portfolios may be eligible for a management fee reduction based on the size of their investment in one or more of the Portfolios.
The reduction plan only applies to the series of the Portfolios that are eligible. The amount equivalent to the management fee reduction takes the form of a distribution, which is automatically reinvested in additional securities of the same series of the applicable Portfolio. For more information about the reduction plan, please see the Portfolios prospectus.

metro VIEWS
Your essential daily news

PHILOSOPHER CAT by Jason Logan

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION
How do I explain to my son why he wasn't mentioned in grandma's obituary?

Dear Ellen,
I was in a relationship with a man who went from drinking to drugs and gambling. When our son was five, I asked him to move out. A year later he committed suicide. His mother made an effort to keep in touch, and my son spent summers with her when he was little and enjoyed his time with her. His grandpa would say hello, but conversations did not go much further. My son's aunt took him for lunch once. His uncle asked me to drop my son off for a visit occasionally, which I always did. I felt it important for him to know his father's family. About four years ago we stopped hearing from them. I recently learned grandpa died three years ago, and grandma died a month ago. My son was not notified, nor was he mentioned in either obituary. He is very hurt. I don't understand how anyone could be that mean to a child. Should I say something?
Donna

Dear Donna,

Please accept my heartfelt sympathy for you and your son. It's sad enough he lost his father. But for his aunt and uncle not to tell you about his grandparents' deaths, and then to ignore your son's existence in the obituaries, is not merely rude, it's cruel.

The cruelty may or may not have been intended. Maybe they mistakenly assumed you were the one who cut off contact. Or they're following their late parents' misguided wishes in avoiding contact. At worst, they don't want to share a portion of the estate. At best, perhaps your son is too painful a reminder of their poor dead brother. It doesn't matter. They are adults. Their pain doesn't give them the right to inflict pain on a child, or trump a son's right to be acknowledged. I'd even argue they're hurting themselves by cutting off communication — indulging in a form of denial likely to hinder their own efforts to get past it.

Your situation is more complex, but it speaks to a common etiquette problem with couples who split. Friends and family pick sides, and then shun the children as well as the ex-partner — feeling morally superior to the "bad ex," while blithely inflicting pain on innocent children who also suffer the searing effects of that shunning.

For your own sake, and your son's, you can still do the polite thing, and send a sympathy card. Tell your son's aunt and uncle how sorry you were to hear about their parents' deaths, mention how much your son enjoyed time with his grandmother when he was young, and wish them the best.

Don't expect a reply. The point is that you will feel better for having done the right thing, and the door will be open if they ever want to resume contact.

Need advice?
Email Ellen:
askellen@metronews.ca

metro Your essential daily news
CHIEF OPERATING OFFICER, PRINT **Sandy MacLeod**
VICE PRESIDENT & EDITOR **Cathrin Bradbury**
EXECUTIVE VICE PRESIDENT, REGIONAL SALES **Steve Shrout**
MANAGING EDITOR TORONTO **Angela Mullins**
ADVERTISER INQUIRIES adinfotoronto@metronews.ca
General phone 416-486-4900

Mavis Otuteye did not have to die that way

Vicky Mochama
Metro

Mavis Otuteye wanted to meet her new grandchild. She never got there. She died of hypothermia while walking into our country.

Her death is an indictment of a national and global failure to respond meaningfully to the worldwide migrant crisis. Yet, a clear and concerted strategy seems to be far away.

Otuteye, a Ghanaian woman, had been living without a valid visa in the States since 2006. In light of the Trump administration's crackdown on undocumented persons, it is reasonable that she would not want to make herself known to immigration authorities. A danger of living without papers is that a chance incident can lead to one's removal. With the knowledge that asylum claimants would be turned away at official border crossings because of the Safe Third Country Agreement (STCA), it is still more plausible that walking across the border made the most sense to Otuteye.

However, the CBC reports Otuteye would have been allowed under the STCA because her granddaughter is a Canadian citizen. The accord has a number of compassionate grounds on which migrants can cross between borders.

Having told no one of her plan, Otuteye was unaware of her options.

What is contained in words and documents is far different to the reality on the ground. The terms of the STCA and a tweet from the prime minister welcoming refugees are part of a world of misinformation that puts migrants, especially undocumented ones, in danger. Theirs is a world of ad-hoc systems, reliance on rumours, opportunistic scammers and ever-shifting legal paradigms.

Yet Canadian and international governments have not been able to provide migrants with any clarity.

Reports on the recent G7 summit in Italy overlooked the inability of world leaders to come to an agreement on the global migrant crisis. Because of American recalcitrance, the summit instead released a short statement acknowledging the problem but shifting responsibility back to individual countries. With Donald Trump in office, an international version of "Refugees Welcome" seems unlikely.

This will not stop the flow. After much pretence to public safety, Trump has finally tweeted that the executive order dubbed a "travel ban" by many is exactly that.

Still, the Canadian government insists it will not change the terms of the STCA. In Europe, the Guardian reports that the death rate for migrants crossing the Mediterranean has doubled. Meanwhile, the far-right has crowd funded enough money for a boat to intercept search-and-rescue boats there.

Whether we take action on it or not, the global migrant crisis is happening. Without a unified humanitarian solution, more migrants will continue to die like Mavis Otuteye: cold and alone.

LASIK.
YOURS FOR LESS.
No more glasses. No more contacts.
Starting at $490/eye.*
Book a free consultation at 1-855-301-2020 or lasikmd.com
LASIK MD
VISION
*Prices are subject to change without prior notice and vary based on prescription strength. Standard LASIK starting at $490/eye and Custom LASIK starting at $1,790/eye. Other conditions may apply.

metro LIFE

Your essential daily news

Wonder Woman topped the box office with a $100.5-million weekend debut

RENT or OWN

GENNA BUCK METRO

Homeownership has long been the gold standard but two long-term renters speak against the stigma often associated with not buying

When 34-year-old millionaire and luxury property developer Tim Gurner declared that millennials' dreams of homeownership are toast unless they rein in their spending on "smashed avocado for 19 dollars and four coffees at four dollars each," the backlash was fierce.

And it was not just because of his tone-deaf assertion that cash-strapped 20-somethings struggling with student debt could save for a home simply by scrimping and pinching and making their own avocado toast.

Gurner seemed to assume a house with a white picket fence should be part of everyone's financial plan.

Alex Avery, CIBC analyst and author of The Wealthy Renter, told Metro that for many young people, buying doesn't make sense (and it has nothing to do with spending money on fattening breakfast foods).

Although interest rates are low, Avery explained, house prices are high and people already have a lot of debt. And although a mortgage forces you to save, renters can replicate that in other ways — plus they're not saddled with costs like maintenance, renovations and interest, which owners tend to discount when they're counting the piles of home-equity money they've made.

"There isn't one prescription for everyone," Avery said. But, "There is no amount of logic, facts or supporting evidence that will convince a truly passionate homeowner that there's any better investment than home ownership."

We spoke to two long-term renters from different life stages who could have bought, but likely never will.

They had some great insights for those who are trying to decide between buying their first home or continuing to eat toast. (We kid!)

> **There isn't one prescription for everyone.**
> Alex Avery, CIBC analyst

RENTER #1
John Plumadore, 68

City: Toronto
Rent: $1,738/month (two bedrooms)
Occupation: Retired

John Plumadore has never owned property. He retired seven years ago from a long career with Scouts Canada, and he and his partner have lived in the same high-rise complex in midtown Toronto, where homes typically sell for about $1.5 million.

"I have chosen to rent because I want to be close to the subway and the downtown core, in a fairly nice area of the city," Plumadore said. "I live in a very prime area, part of a community where I couldn't otherwise afford to live.

"The advantages are that you don't have to be putting money into repair, maintenance or additions. Anything needs fixing, the landlord fixes it.

He said he chose to use the 20 years of savings he would have put into the upkeep of a house into an RRSP for retirement.

RENTER #2
Graham MacFarlane, 31

City: Edmonton
Rent: $1,500/month (two bedrooms)
Occupation: Occupational health and safety

Like the avocado-toast naysayer Tim Gurner bragged about doing, Graham MacFarlane believes he could have bought a home by now if he put his "nose to the grindstone" and saved for at least 10 years. But as a renter, he lives in a nice two-bedroom Edmonton duplex that is within walking distance to his workplace, he's saving money, and has the freedom to move any time.

There was a time when he dreamt about homeownership, but after he got a job in his field and started paying down his debt he is glad he didn't.

"Renting and spending your money on beer isn't responsible. But renting and saving and investing is a better plan than gambling all your eggs your home in your equity."

$920,791

The average cost to get into the home market in Toronto

SOURCE: THE CANADIAN REAL ESTATE ASSOCIATION

BEWARE CREEP

Lifestyle creep is when you spend more as your income grows.
It's not inherently bad. The trouble comes, for example, when you move to a bigger apartment that eats up the extra money your raise provides. Follow these steps and you'll avoid lifestyle creep:

A money destination
When you learn a raise is coming, decide how to allocate it. "Being intentional is absolutely essential," says Philip Olson, a certified financial planner in Austin, Texas. One option, Olson says, is to go 50/50: Spend half your raise, or $100, on whatever you want each month. Put the other $100 toward financial goals.

Financial security
What exactly should you do with the goals portion? It depends. If you were living paycheque to paycheque and have no savings, send all the extra money to a savings account. That will provide backup if, for example, a larger-than-expected bill arrives. Fill the fund until you have three to six months of basic expenses saved.

Hide money
Since it will probably be harder to save than to spend, set up automatic transfers so you avoid having immediate access to the money.

THE ASSOCIATEED PRESS

Rain or shine, we've got you covered.

All Oaken GICs and savings accounts are available through either Home Bank or Home Trust Company, which are separate members of CDIC. This means your deposits are eligible for CDIC coverage[1] under both, and will be protected in exactly the same way as the big banks.

1.85% Cashable GIC
2.60% 1 Year GIC
2.70% 18 Month GIC
3.10% 5 Year GIC

For some of the highest GIC rates in Canada, call 1-844-218-0115 or visit oaken.com

Oaken™ FINANCIAL
Plant for your future™

Oaken Financial is a trademark of Home Bank, member of CDIC

145 King Street West, Concourse Level, Toronto, ON M5H 1J8 OakenFinancial @oakenfinancial

Rates shown are in effect as at June 5, 2017, and subject to change. Interest on all GICs is paid annually or compounded annually and paid at maturity, minimum deposit $1,000. All GICs are non-redeemable except for the Cashable GIC, which is based on a 1 year term and redeemable after 90 days, and not available for registered plans. [1]CDIC coverage up to applicable limits. Home Bank is a wholly owned subsidiary of Home Trust Company. Home Bank and Home Trust Company are separate members of the Canada Deposit Insurance Corporation (CDIC).

Growing strawberries faster, sooner

PRODUCE

Enjoy fresh berries on the same day they are picked

Owen Roberts
Urban Cowboy

It's date night. And it's all about making an impression.

You're eating in, and as a special treat, you meticulously prepare chocolate-dipped strawberries for dessert. You sweeten the deal by pairing them with a sparkling wine. Nice touch.

But as soon as your date takes the first bite of her strawberry, the thrill is gone. Because beneath that sweet-looking red exterior is a bland tasting, imported U.S.-grown berry.

It was picked as many as 10 days earlier, and spent hundreds of kilometres travelling in a truck from California or Florida.

Given such conditions, it's no wonder every June consumers are bursting with anticipation for luscious, field-grown Ontario strawberries, at pick-your-own farms or markets.

The season can't start too soon. Through the years, plant researchers at the University of Guelph and elsewhere have worked to develop hardier, quality varieties with great flavour and a longer growing season.

These varieties are called day-neutral strawberries, so named because they flower throughout the growing season — unlike some traditional strawberry plants, which flower only once a season, during May and June.

And lately, the Ontario strawberry season is being extended right through the winter, thanks to production in Canada's greenhouse capital, Leamington.

There, first-generation family farmers Jordan and Duffy Kniaziew of Orangeline Farms and their company Zing! Health Forward have pioneered a technique to successfully grow sweet, juicy Ontario greenhouse strawberries — marketed as Date Night Berries — all the way from November through to May.

And there's no mistaking them for U.S. imports.

"The flavour literally explodes in your mouth," Jordan says.

Even during winter months, Date Night berries are fresh, local and about twice as sweet as their American counterparts. On what's called the Brix scale, which measures sweetness on a range from one to 20, Date Night Berries check in at 10 to 12 units. That reading compares well to imported berries at six to seven units.

The Kniaziew's berries are grown in a unique manner as well, with elevated growing gutters and an umbrella canopy. Humidification and cooling protection systems help extend the growing season, and LED lights give production a boost.

Then, when the time's right, they are gingerly picked by hand at harvest.

"We treat every berry like a newborn," Jordan says.

In fact, in many cases, the Zing! strawberries served on date night have even been picked the same day. At the most, they're three days from their harvest date. Compare that to winter berries from the U.S., which typically spend more than a week in a truck. They're bred mainly for transportability, not taste.

Recently, other Ontario greenhouse growers have started following Orangeline's lead, meaning the winter berry market here is bound to expand.

For being pioneers and blazing the winter strawberry trail, Date Night Berries have received an Ontario Premier's Award for Agri-Food Innovation Excellence.

Owen Roberts is an agricultural journalist at the University of Guelph. Follow him on Twitter at @TheUrbanCowboy.

Even during winter months, Date Night strawberries are fresh, local and about twice as sweet as their American counterparts. When the time's right, they are gingerly picked by hand at harvest. COURTESY ORANGELINE FARMS

THE FUTURE *of* FARMING

Glass is a key to growth

Ontario also enjoys winter cucumbers, tomatoes and peppers, thanks to a vibrant and growing greenhouse industry. It now involves 200 farmers and nearly 2,900 acres of greenhouses. In March, the province invested $19 million in a greenhouse innovation program, to encourage further investment in greenhouse technology and boost productivity.

Strawberries are truly a superfood

Strawberries are an excellent source of vitamin C — just one serving contains about half of a person's daily requirement. Vitamin C is a proven antioxidant, and strawberries are among the top 10 fruit and vegetables for antioxidant content. As well, eating more fruit and vegetables helps decrease the risk of obesity.

FARM *links*

Poll question:
What's the best way to eat Ontario strawberries? Tell us at metronews.ca

Duffy Kniaziew, left, and his brother Jordan pioneered a technique to successfully grow sweet, juicy Ontario greenhouse strawberries. COURTESY ORANGELINE FARMS

Best Food Facts®

When it comes to what's in it, we're on it!

Over 200 university experts are on board and ready to help you make informed decisions about your food today.

Let's continue the conversation @FoodIntegrityCA · www.BestFoodFacts.org

Celebrate LOCAL FOOD WEEK

June 5 to 11, 2017

We're Ontario's farming families.

We thank you for buying the food we produce for you during Local Food Week and all throughout the year.

We invite you to get to know us. After all, to know Ontario's farmers is to know your food.

LOCAL

Celebrate Local Food Week!
June 5 to 11, 2017

FARM&FOOD Care ONTARIO

www.FarmFoodCareON.org
www.facebook.com/FarmFoodCare
@FarmFoodCareON

FARM FOOD 360°

Tour 30 Canadian farms
online at www.**FarmFood360**.ca

Skills for Change
Building Welcoming and Equitable Communities

EMPLOYMENT ONTARIO

Looking for a good job? find it!

Skills for Change can help you

FREE SERVICES:
- JOB SEARCH HELP
- INTERVIEW PREPARATION
- RESUME HELP
- JOB OPPORTUNITIES
- MENTOR MATCHING
- SECOND CAREER HELP

30 Weston Rd #203
416-572-0490

10 Gateway Blvd #105
416-645-2489

skillsforchange.org/employment
jobs@skillsforchange.org

YOU CAN DO THIS HEARING INSTRUMENT SPECIALIST

A sound career choice

WHY I LIKE MY JOB

Matt L., 30, Hearing Instrument Specialist in Peel County, Ont.

I didn't come out of Grade 12 thinking, "I really want to be a hearing instrument specialist!" In fact, I didn't even know they existed or what they did until I was 20. I was studying general arts and science at George Brown College in Toronto, and I met someone who was in her first year of the Hearing Instrument Specialist (HIS) program. Within minutes of talking to her about it, I was convinced the HIS program was for me.

On a typical work day, you can be conducting hearing exams on adult patients, counselling clients and their families on the proper maintenance and use of hearing instruments, and customizing/fitting hearing aids. I enjoy my job because while I'm always teaching my clients, I'm also always learning. The job motivates me to keep current on recent studies and to regularly attend workshops and conferences with my colleagues.

THE BASICS: Hearing Instrument Specialist

$45,145

Median salary for a certified hearing instrument specialist. Those with several years of experience can expect to earn upwards of **$65,000** annually.

+14%

Projected employment growth rate over the next seven years.

Data for this feature was provided by payscale.com, onetonline.org, and ontariocolleges.ca.

HOW TO START

Hearing instrument specialists gain practical skills and knowledge through college hearing programs. Students typically spend three years in both lab and lecture settings.

WHERE YOU CAN GO

As Canada's median age continues to rise, there is an increasing demand for hearing specialists. Professionals will find less competition in small towns or suburban neighbourhoods, with several openings in hearing clinics, hospitals, hearing instrument manufacturers and private practices.

NEXT CAREER STEP

Hearing instrument specialists can join a provincial or national association, such as the Canadian Hearing Society, to stay aware of emerging technologies and best practices. University graduates with a bachelor's degree can complete a master's in audiology in as little as two years. Audiologists are qualified to assess and treat hearing disorders in children.

WE NEED MALES & FEMALES

Are you a healthy, non-smoking,

MALE OR FEMALE 18 AND OVER?

- Free of daily medications?

If so, you may be eligible for our upcoming clinical research studies:

- We conduct weekdays as well as weekend studies.
- Compensation may range from $1,000 to $4,000 depending on the length of the study.

BioPharma SERVICES INC.
Research. Results. Reliability.

CALL: 416-747-5246
Toll Free: 1-866-747-5246
Mon-Fri: 8am-6pm, Sat-Sun: 10am-6pm

4000 Weston Road, Toronto | www.biopharmaservices.com

Serta · comfort · SF · Beautyrest · Beautyrest

HOT BUY

Luxury Pillow Top
$499
Queen Set
(all sizes available)

BONUS COUPON NO HST OR BONUS COUPON FREE DELIVERY OR BONUS COUPON FREE BED FRAME

SINCE 1978 the Sleep Factory
www.sleepfactory.com

MILTON
238 Main Street East
905.878.4606

401 & DIXIE
5285 Creekbank Rd @ Matheson
905.206.1550

BRAMPTON
160 Main Street South
905.453.9760

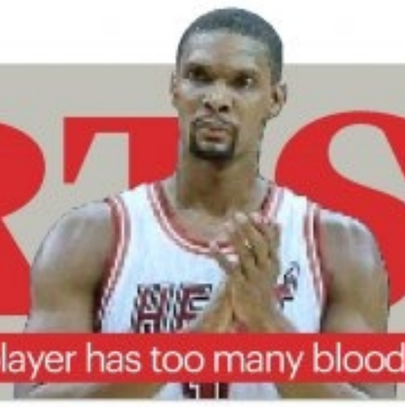
MISSISSAUGA WEST
Erin Mills & Burnhamthorpe
905.542.0481

WOODBRIDGE
3600 Langstaff Rd
905.856.7601

SCARBOROUGH
1420 Kennedy Road
416.751.0007

HOURS: Monday - Wednesday 10am - 6pm • Thursday - Friday 10am - 8pm • Saturday 9am - 6pm • Sunday 11am - 5pm

metro SPORTS



The playing days of former Toronto Raptor Chris Bosh appear to be over after doctors ruled that the Miami Heat player has too many blood clots

Jays rally to edge Yanks

MLB

Toronto wins to tie series after Donaldson hits homer in 8th

SUNDAY In Toronto

3	2
BLUE JAYS	YANKEES

Josh Donaldson celebrated his bobblehead day with a solo homer in the eighth to give the Toronto Blue Jays a 3-2 win over the New York Yankees on Sunday.

The third baseman hit his sixth of the season off reliever Tyler Clippard (0-3) to lead off the bottom of the inning. The ball left his bat at 100 m.p.h. and travelled 384 feet to right centre-field to the delight of the sellout crowd of 46,782 with the Rogers Centre roof closed.

Trailing 2-0, the Blue Jays tied it up on Justin Smoak's two-run homer in the sixth. Toronto (28-29) wrapped up its 10-game homestand at 7-3. Next stop is Oakland followed by Seattle.

New York (33-22) finished its seven-game road trip at 3-4. The Yankees return to the Bronx to host Boston and Baltimore.

The game, which drew long lineups hours before first pitch because of the bobblehead give-away, was a matchup of talented young pitchers with hard-throwing Luis Severino for the Yankees and Marcus Stroman for the Jays.

Rookie colossus Aaron Judge showed there's more to his game than the long ball as the Yankees opened the scoring in the fourth.

Brett Gardner made it 2-0 in the sixth when, with men on first and third via a single, walk and sacrifice fly, Matt Holliday beat Devon Travis' throw to first to negate a double play.

After Kendrys Morales singled with two outs in the sixth, Smoak tied it up with one swing as he hammered Severino's 84th pitch of the day over the centre-field fence. Smoak's 14th of the season, ended a 15-inning scoring drought at the hands of the Yankees. It was the first homer given up by Severino since May 7.

Toronto is 11-18 versus the American League East, as opposed to 17-7 against all other AL opponent. THE CANADIAN PRESS

Toronto's Josh Donaldson (right) is congratulated after hitting a solo home run against the Yankees. FRANK GUNN/THE CANADIAN PRESS

FRENCH OPEN

Raonic pays for mistakes

Too many errors spelled the end of Milos Raonic's run at the French Open. The No. 5 seed from Thornhill, Ont., was upset by Pablo Carreno Busta of Spain 4-6, 7-6 (2), 6-7 (6), 6-4, 8-6, and committed a whopping 84 unforced errors in the hard-slogging match that stretched four hours and 17 minutes.

Raonic advanced to the fourth round in easy fashion when Spain's Guillermo Garcia-Lopez retired from the match due to a left thigh injury. The extra rest wasn't enough Sunday however.

The 26-year-old Raonic fought off six match points before Carreno Busta finally won with a forehand volley at the net, with Raonic near the back of the court.

THE CANADIAN PRESS

IN BRIEF

Holloway beats Aldo in Brazil

Max Holloway claimed the undisputed UFC featherweight title on Saturday, stopping long-reigning champion Jose Aldo (26-3) in the third round of an impressive upset victory.

Holloway (18-3) won the belt in Aldo's native Brazil with a dynamite finish.

THE ASSOCIATED PRESS

Real celebrates UCL victory

Real Madrid is celebrating its 12th European Cup with its fans back in the Spanish capital. The team met fans at a large square in the city.

Madrid beat Juventus 4-1 on Saturday in the final in Wales to become the first team to win back-to-back Champions League titles.

THE ASSOCIATED PRESS

PROFESSIONAL BULL RIDERS
MONSTER ENERGY TOUR
PBR
MONSTER ENERGY
• PBR "ME + 3" PROMOTION •
SAVE UP TO 25% WHEN YOU BUY 4 TICKETS*
ADVANCE TICKETS FROM $25 • BUY NOW AT TICKETMASTER.CA
TORONTO ONTARIO
JUNE 24, 2017
SATURDAY • 7:30PM
RICOH COLISEUM
MONSTER ENERGY
COOPER TIRES
CASE IH
ALBERTA PREMIUM
Ontario
LIVE
RICOH
PBRCANADA
PBRCANADA.COM
*Limited time offer, while supplies last. Valid only for the June 24th PBR performance in Toronto. Discount already applied to tickets. Additional fees apply, incluing service fees and convenience charges. Offer cannot be combined with any other promotions or discounts. Offer cannot be used on previously purchased tickets. Offer is valid online and cannot be redeemed at the box office.
TORONTO STAR
thestar.com

FINANCIAL

300+ REVIEWS ★★★★★ 5 STAR RATING TOP TRUSTEE

GET OUT OF DEBT!

CALL THE LICENSED DEBT PROFESSIONALS™

Proposal Administrators • Financial Counsellors • Licensed Insolvency Trustee

DAVID SKLAR & ASSOCIATES INC.

- Reduce & Consolidate Your Debt Into 1 Low Monthly Payment
- Avoid Bankruptcy!
- Stop Collection Calls, Interest Charges, Garnishments, Tax Debts & Lawsuits
- Government Licensed

Free Consultation 310-9200

NORTH YORK (HEAD OFFICE) • TORONTO • PICKERING / AJAX • MISSISSAUGA / ETOBICOKE • BRAMPTON

www.DavidSklar.com | DAVID SKLAR, CPA, CIRP, LIT

STEVEWELKER.CA

DEBT RELIEF WHEN YOU CAN'T REPAY

Free Advice 647-793-6411

CAN YOU REPAY YOUR DEBT ON YOUR OWN?

IF NOT, OUR SERVICES

- Stop: Collection Calls, Interest, Lawsuits & Garnishments
- Reduce Your Debt & Stress
- Don't Require Money Up-Front
- Consolidate Your Debt
- Bankruptcy Is Always The Last Resort

MAIN OFFICE: 1969 WESTON ROAD Walker and Company Inc. Licensed Insolvency Trustees

647-793-6411

Barrie | Brampton | Burlington | Downtown | Etobicoke | Markham | Mississauga | North York | Scarborough | Whitby

shed the debt®

for pennies on the dollar

credit cards • tax arrears • student loans
wage and bank garnishments

call 1-855-541-5114
for fast friendly debt relief anywhere in Ontario

free meeting, no obligation
evening and Saturday appointments

Goldhar®

www.shedthedebt.ca

Goldhar & Associates Ltd. Licensed Insolvency Trustee

Own a Home? Need a Loan?

- 1st and 2nd Mortgages for anything.
- Pay Bills, Renovate, Vacation!
- Refinance to 85% of home value. Purchase a home at 5% down!
- Pay off mortgage arrears, property tax or condo fee arrears!
- We stop power of sales!
- Past bankrupt or Consumer Proposal.
- Good and bad credit are welcome!
- Self-employed? Showing low income?
- Consolidate cards into one payment!

APPROVED!
HOMELAND MORTGAGE
416-913-9593 www.homelandmortgage.org
License #11981

SINKING IN DEBT? WE CAN HELP!

BECOME DEBT FREE!

- Reduce or Eliminate debt
- Stop Collection Calls, Garnishments, Court Actions
- Avoid Bankruptcy
- Government Licensed Expert
- Debt Proposals
- Debt Counselling

Call now and talk with a Government Licensed Expert

1 -877-332-8416 (416) 288-8048

Free Consultations - Same day appointments

Scarborough (Main office) – Toronto – Mississauga – Brampton – Oshawa

www. rusinek.ca
Licensed Insolvency Trustee

Rusinek & Associates Inc Debt Relief

DEBT RELIEF

Are you drowning in debts?

- Consolidate debts, no interest
- Settle your debts without a bankruptcy
- Stop collection calls and garnishments
- Get rid of tax debts and court actions

NONA KUMAR
Estate Administrator
Credit Counsellor

Free Consultation: 416.455.7709

nona@rumanek.com

Rumanek & Co. Ltd. Licensed Insolvency Trustee,
Head office in North York, Ontario
9 Locations in Ontario

EMPLOYMENT

NOW HIRING GENERAL LABOURER

Good wages & benefits
Apply in person
130 Commissioners St., Toronto
No phone calls please

DIVORCE

DIVORCE
Simple, in weeks*

- Debt collection/ Landlord Tenants
- Small Claims Court

416-880-4600
www.quickform.ca
* By Lawyer, conditions apply

MORTGAGES
1st, 2nd & 3rd Mortgages
Residential & Commerical
*Money Credited
Fast Approvals, Low Rates
Bad Credit? No Problem
*No Fees, *Free Appraisals
Debt Consolidation
*Terms & Conditions Apply TMADC Lic#10530
MORTAGO.CA
416.667.8996

EMPLOYMENT

NOW HIRING!
Call (905) 502-JOBS (5627)

Connecting Right People at Right Places
We are currently hiring for:
General Labour -
(Manufacturing & Distribution)
Office Positions -
(Accounting, Office/Warehouse & Admin. Clerks)
Skilled Trades -
(Welders, Brake Press & Machine Operators)
Call or send resume to recruiter@royalastaffing.com and indicate the position you are applying for.

EDUCATION

OPEN HOUSE
WEDNESDAY, JUNE 14, 1PM-3PM

- Receive $5 Gift Card
- Meet Our Faculty
- Take a Campus Tour
- Financial Assistance May be Available to Those Who Qualify

AOLTORONTO.COM 647-556-5705
1255 BAY STREET, UNIT600, TORONTO, M5R 2A9

Academy of Learning Career & Business College (Bay/Bloor) is registered under the PCC act 2005 and operated by 1069195 Ontario INC.

MEDICAL OFFICE ADMINISTRATORS IN DEMAND
BE JOB READY IN MONTHS, START NOW!

• High-Calibre Faculty • Various Funding Options • Practicum Included • State - of - the -Art Labs

DOWNTOWN: 416.691.0922
NORTH YORK: 416.691.5270
ANDERSONCOLLEGE.COM

Visit Us & Receive A $5 Gift Card

Anderson College of Health, Business and Technology is registered as a Private Career College under the PCC act 2005 and is operated by Rebatech Institute Inc. Not all programs are available at each location. *conditions apply

EMPLOYMENT

HIRING SEWING MACHINE OPERATORS AT CANADA GOOSE

Canada Goose is looking for experienced and inexperienced sewers ready to apply their skills to delivering unparalleled quality to our iconic Canadian brand. Our paid training program gives you the opportunity to become a skilled Sewer crafting luxury garments. You will play a critical role in producing Canada Goose outerwear meeting the high standards of quality Canada Goose is known for all over the world.

Please contact HR@canadagoose.com to submit your resume.

HEALTH

ANY PAIN BIG RELIEF
IN SECONDS! OR MONEY BACK RIGHT AWAY!

Adjust yin 'n' yang of the body. All disorders can be fixed by itself. For example, Ring is one of 20 method to adjust yin 'n' yang, put the gold ring on 2nd finger, the other side sciatica pain will be big reduced right away! If you want long time relief, come to my office, I can help you most disorders (pain, Allergy, skin...)

Registered Acupuncturist
R.TCMP Chong Kim
696 Sheppard Ave. West

walk in 7days/wk
416 788 3837

MAKE IT TONIGHT

Sweet Kale and Banana Smoothie Bowl

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

The sweetness of banana makes the kale all but disappear in this powerhouse breakfast.

Ready in 5 minutes
Prep Time: 5 minutes
Serves 2

Ingredients
1/2 cup milk or coconut milk
1 cup Greek yogurt
1/2 cup chopped frozen kale
2 frozen bananas
2 tsp coconut oil, melted

Toppings
1 tsp chia seeds
1 tsp flax seed meal
1 Tbsp of muesli
1/2 sliced apple

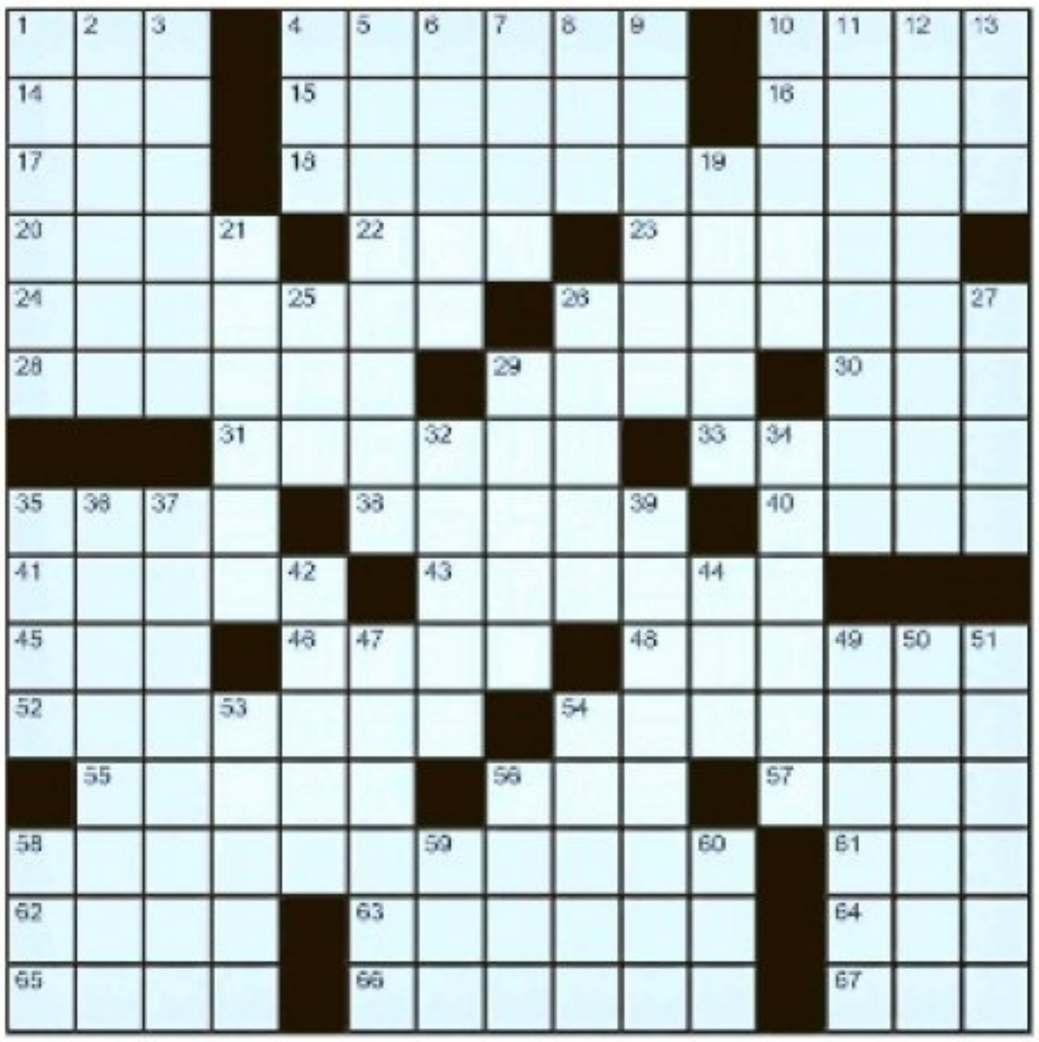
Directions
1. Place the milk, yogurt, kale, bananas and coconut oil in a blender. Whiz until smooth.

2. Pour into a bowl and sprinkle with your favourite toppings.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Possibilities
4. Hot dog topping
10. Latin "year"
14. Ms. Imbruglia, to pals
15. Means of approach
16. Forest favourite
17. "Alice" waitress
18. "The Natural Place" city of British Columbia: 2 wds.
20. "Torn Curtain" (1966) actress Ms. Kedrova
22. Singing pair
23. Bobby and Brett of hockey
24. A simple process might only consist of this: 2 wds.
26. Wine made in the same-named archipelago of Portugal
28. Entered the edifice: 2 wds.
29. New Zealand fruit
30. Mr. Arnold
31. Right-hand pages
33. American resort Lake
35. _-Cola
38. Overseas moneys
40. Doctrines
41. Long circles
43. Break-taking person
45. Country singer Ms. McEntire, to pals
46. Grammy-winning rock band from Guadalajara in Mexico
48. Community in southern Ontario north of Waterloo
52. Procedure
54. Sprays unwanted graffiti on the wall
55. Chills
56. "How ya doin'?"
57. Profits
58. County on the Peace River in Alberta: 2 wds.
61. The Company org.
62. Filmdom's Ms. Fisher
63. Body of water for Moses: 2 wds.
64. Whichever
65. Jeanne d'Arc, et al.
66. Some suit fabrics
67. _ de deux

DOWN
1. _ of cash (Money coming in)
2. Bambi's beloved
3. Swiped
4. Knock
5. Exhibits in the courtroom
6. Abate: 2 wds.
7. Go _ detail (Elaborate)
8. Deryck Whibley's band, _ 41
9. American country music variety show: 2 wds.
10. Confuse things
11. Prehistoric stone artifacts
12. Anchor person's realm
13. Surgery sites, shortly
19. Accountant's review
21. Montreal-based media company acquired by Bell in 2013
25. Bond
26. Fermented soybean pastes
27. Quebec "souls"
29. North or South country
32. Revolves
34. Canadian wartime hero Billy Bishop, for one
35. Business firm abbr.
36. Cloudy
37. The whole kit and _
39. Like part of a church's architecture
42. Sniff
44. Gremlin
47. Declare
49. Arctic covering: 2 wds.
50. Eye part
51. Tries
53. Closing sections in music
54. Edible seaweed
56. Team
58. Marcia to Jan, for short
59. Cleave
60. Airline to Stockholm

✷ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a good day to take care of loose details regarding issues like taxes, debt, bills, insurance matters and anything to do with shared property. Make a list.

Taurus April 21 - May 21
The Moon today is in a sign that is opposite yours, which means you have to go more than halfway when dealing with others. This requires compromise and patience.

Gemini May 22 - June 21
Take care of details that you might have let slide, especially in buying items related to health and hygiene. Get this out of the way before your week gets busy.

Cancer June 22 - July 23
Today your focus will be on children, sporting events and anything to do with the hospitality industry or the entertainment world. Work behind the scenes, but make plans.

Leo July 24 - Aug. 23
Home and family are your focus today. If you can, you will stay home today because you want to cocoon and hide.

Virgo Aug. 24 - Sept. 23
This is a busy, fast-paced day! You might meet someone new or hear something new that intrigues you. Keep in mind that you are high-viz now, especially in the eyes of bosses and parents.

Libra Sept. 24 - Oct. 23
Today your focus is on money, assets and your possessions. You might have an attachment to something and not want to lend it to anyone.

Scorpio Oct. 24 - Nov. 22
Today the Moon is in your sign, which can make you more emotional than usual. However, it also can bring you a little bit of extra good luck!

Sagittarius Nov. 23 - Dec. 21
Work alone or behind the scenes today, because you need some privacy and quiet time. You need to restore and replenish your energy.

Capricorn Dec. 22 - Jan. 20
An encounter with a female friend or acquaintance could be important today. Perhaps you need to discuss serious future plans with this person.

Aquarius Jan. 21 - Feb. 19
For some reason, personal details about your private life might become public, especially in the eyes of bosses and parents. Just be aware of this in case you have to do damage control.

Pisces Feb. 20 - March 20
Do something different today. It's the beginning of the week, and you are hungry for adventure and a chance to learn something new.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

9				8	4			2
	6					9		
		5			7		6	
				1		6		5
5								4
3		9		2				
	2		3			1		
		7					5	
4			1	6				8

©2014 Conceptis Puzzles, Ltd. by king features Syndicate, Inc.

INTERNATIONAL ASTROLOGER & PSYCHIC
PASSED DOWN FROM GENERATION TO GENERATION
SHIVA PRASAD GURUJI
Palm Reading * Face Reading * Horoscope
Expert in Removing all types of Black Magic, Vodoo, Obeya, Generation curses, Evil spirits, Buttu, Bad Luck etc
100% REMOVAL OF BLACK MAGIC & GIVES PROTECTION
Solves Problems like Business, Love, Marriage, Husband-Wife, Children, Sickness, Depression, Court, Jealousy, Personal etc
MASTER IS SPECIALIZED IN BRING BACK LOVED ONES
647-802-3998
AIRPORT & DERRY (MISSISSAUGA)

SPIRITUAL ASTROLOGER & PSYCHIC CENTER
Master: HARI KRISHNA 5th GENERATION PSYCHIC
BRINGING BACK GOOD HEALTH IN 9 DAYS
Tells Past, Present & Future.
Business, Happiness, Love, Work
Family, Husband-Wife, Children
Jealousy, Money, Court, Sexual
Enemy, Lottery & Good Luck etc
SPECIAL: I WILL REJOIN LOVERS IN 9 DAYS
REMOVES BLACK MAGIC, JADOO, WITCHCRAFT, EVIL SPIRITS & PROVIDES LIFELONG PROTECTION
647-299-7352
2527 Finch Ave W, North York
M9M 2G1 (FINCH & MILVAN)
Major Intersection - FINCH & WESTON

PSYCHIC SPIRITUAL ADVISOR MONA
I restore luck and happiness and will call out your friends and enemies by name. Removes bad luck, evil energy. One visit will convince you of her spiritual gift. 40 years experience. Superior to all others.
CALL FOR 1 FREE QUESTION
CALL FOR A FREE CONSULTATION
416-222-8201
9am-9pm | Yonge/Finch

DOWNLOAD METRO'S NEW APP NOW
OFFLINE READING
•LOCAL NEWS • VIEWS
•LIFE • SPORTS
>>>

Introducing our biggest small business bonus ever: up to 75,000 Aeroplan Miles.

TD Business Banking. The Official Partner of Big Dreams.

TD Aeroplan More Miles Business Bundle

Find out how you can get our biggest small business bonus ever with the TD® Aeroplan® *VISA* Business credit card and select Banking and payment products. It's just one of the ways we're helping small business owners realize their dreams every day.

Conditions apply. Offer ends June 14, 2017.

Visit td.com/moremiles-tm or call 1-888-687-6670 to learn more

® The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.